

The Westfield Leader **The Scotch Plains - Fanwood TIMES**
 — Established 1890 — Since 1959

Legal Newspaper for the County of Union, New Jersey
 and for Westfield, Mountainside, Scotch Plains, Fanwood, Cranford and Garwood

Members of:
 New Jersey Press Association • National Newspaper Association • Greater Westfield Area Chamber of Commerce
 Scotch Plains Business & Professional Association • Fanwood Business & Professional Association

Periodicals - Postage Paid at Rahway, New Jersey
 P.O. Box 250 • 251 North Avenue, West
 Westfield, N.J. 07091

Tel: (908) 232-4407 • E-mail: editor@goleader.com • Web: www.goleader.com • Fax: (908) 232-0473

**POSTMASTER: Send address changes to the offices of the newspapers at
 P. O. Box 250, Westfield, New Jersey 07091**

Published every Thursday by Watchung Communications, Inc.

Paul Peyton ASSIGNMENT EDITOR	Horace R. Corbin PUBLISHER	Jeff Gruman SALES MANAGER
Suzette F. Stalker COMMUNITY	David B. Corbin ASSISTANT PUBLISHER & SPORTS	Michael L. Bartiromo MARKETING PRODUCTION
Christina M. Hinke EDUCATION & ARTS	Ben Corbin SERVICES	Robert P. Connelly BUSINESS OPERATIONS

SUBSCRIPTION PRICE www.goleader.com/subscribe
 One-year - \$36 • Two-year - \$68 • Three-year - \$99

Letters to the Editor

MLK Service Day January 21 In Garwood Program Set

This year, Garwood is looking to make Martin Luther King, Jr. Day a "day on," rather than a "day off." The borough will be participating in the National Day of Service program, which promotes volunteerism and helping those who are less fortunate.

The Day of Service will take place on MLK, Jr. Day, January 21, and various service activities will be held, such as sandwich making for the homeless, valentines for veterans and safety kit making for senior citizens, amongst others.

The program's committee, comprised of Garwood residents, is actively looking for donations for these service projects. A full list of items requested may be found on the

Garwood MLK Day of Service Facebook page. Donations in the form of gift cards to ShopRite, Michaels or Amazon are also encouraged. Sponsors for the day are also being sought.

The committee would like to thank Robert Wood Johnson University Hospital Rahway, an affiliate hospital of RWJ Barnabas Health, as well as Fiamma's Brick Oven Pizza in Westfield for their generous sponsorship. Please consider donating or sponsoring to help those in need.

For more information, please go to MLKDayGarwoodNJ on Facebook or call Councilwoman Jen Blumenstock at (908) 337-7726.

Jen Blumenstock
Garwood

ABCDICTIONOPQRSTDECEPTIONUVWXYZ



Diction Deception

Below are four arcane words, each with four definitions - only one is correct. The others are made up. Are you sharp enough to discern this deception of diction?

If you can guess one correctly - good guess. If you get two - well-read individual. If you get three - word expert. If you get all four - You must have a lot of free time!

All words and correct definitions come from the board game Diction Deception.

Answers to last week's arcane words.

1. Curassow - A bird of South and Central America similar to the turkey
2. Capillature - The act of dressing the hair
3. Flagitious - Shameful; corrupt
4. Fians - The dung of a fox, wolf or badger

CAPERCAILLIE

1. A burrowing animal of South America related to the armadillo but smaller
2. A water wheel, consisting of two tapering shells, one within the other
3. The Scotch wood grouse
4. A calcareous deposit found in the sacs of the ear

TANA

1. With great speed
2. In India, a police station
3. A species of sandpiper
4. Of utmost importance

XERES

1. The fork-tailed arctic gull
2. A small three-masted vessel used by the corsairs in the Mediterranean
3. An ancient Persian king who fought against the Greeks at the battle of Marathon
4. A sherry from Spain

WLATSOME

1. Alluring; intriguing
2. Overloaded
3. Disgusting; offensive
4. Expansive; very rangy

Towns Must Work Together for Workable Solution on Housing

The newly-established Scotch Plains affordable-housing advisory committee held its first meeting on January 9. The panel's goal is to find solutions to restrictions imposed on towns, including Scotch Plains, on affordable-housing units they must provide. The problem local towns are facing is that developers are building hundreds of units per each development, but only about 15 percent of each site actually qualifies as affordable. Three thousand housing units alone are to be built in Scotch Plains over the next few years.

Union County, as well as the rest of the state, is participating in New Jersey's NJCounts 2019 count of homeless families, youth and veterans. Unfortunately, there is no shortage of homeless persons, even with all this new "affordable housing." Union County's count will be conducted on Wednesday, January 23. Last year's count found 9,303 homeless persons statewide, an increase of 771 from 2017.

With Fanwood Mayor Colleen Mahr now serving as president of the New Jersey League of Municipalities (NJLOM), we hope she will put the affordable-housing/high-density housing issue at the top of the NJLOM agenda. We expect that she will work closely with Scotch Plains Mayor Al Smith as well as Westfield Mayor Shelley Brindle and Garwood Mayor Sara Todisco.

Mayor Smith has said he wants to bring busloads of residents to lobby state lawmakers at a yet unannounced rally. We hope he will reach out to Scotch Plains' neighbors to ensure all towns in the region are represented at this rally. This issue should not be

viewed as a political one, as the suburban sprawl these developments will create will impact everyone regardless of political affiliation. These developments will impact everything from traffic on our roadways to the school-age student population and emergency services.

As we have said on this page repeatedly, we fully support the need for affordable housing in our state that is quickly becoming unaffordable. But the courts and developers, in our view, have an unfair advantage regarding these housing developments. Developers "negotiate" a town's need to meet its affordable-housing requirement into high-density housing that is significantly higher than what a municipality allows per acre in local zoning laws.

Towns have only been put in this situation because of inaction by the state over the past several years, according to a NJS spotlight report. Former Governor Chris Christie tried to eliminate the Council on Affordable Housing (COAH), only to be stopped by the state Supreme Court. Now state Superior Court judges have been put in charge of approving municipal housing plans.

The state's elimination of regional contribution agreements, better known as RCAs, has been blamed by Republicans as contributing to the housing mess. These agreements allowed towns to transfer some of their affordable-housing obligations to other towns, mostly in urban areas such as Elizabeth and Linden.

We urge our elected leaders to work together on what is becoming a major quality-of-life issue here in north Jersey.

MLK Day Can Inspire Us Toward Community Service Year Round

The community spirit so vibrantly on display year round in our local towns is especially well showcased each year on Dr. Martin Luther King, Jr. Day, when residents come together to promote the betterment of society, particularly on behalf of its most vulnerable members.

We anticipate this spirit will be just as evident as always come Monday, January 21, with an array of volunteer opportunities again planned within our coverage area celebrating the life and legacy of the late civil rights champion. While the date is one for contemplation and reflection, it also has become a call to action, summed up by the phrase commonly associated with the federal holiday: "Make it a day on, not a day off."

In Westfield, the Dr. Martin Luther King, Jr. Association will hold its annual commemoration service at 1 p.m., this year taking place at the First Congregational Church, following a procession from the Martin Luther King memorial on the South Avenue circle. A collection of non-perishable food items will be taken that day at the church to benefit the Westfield Food Pantry. A pancake breakfast at the Westfield Community Center and Westfield Women's March activities also are planned in salute to MLK.

Day of Service events honoring Dr. King are scheduled for Monday in Scotch Plains-Fanwood, Garwood and Cranford. Participants will fan out to

various locations within the communities for projects benefiting senior citizens, the hungry, the homeless, hospitalized children and veterans, among others, including the collection of donations for those in need. In addition to observances and service projects planned for Monday, the Cranford Clergy Council and the Interfaith Human Relations Committee invite the public to attend the annual Reverend Dr. Martin Luther King, Jr. Commemorative Service this evening, Thursday, January 17, at 7:30 p.m., hosted by the Calvary Lutheran Church in Cranford.

Information on the Scotch Plains-Fanwood activities is available at spfmlkday.wildapricot.org/; details on the Garwood programs can be found at garwood.org/, and an overview of the Cranford events is available at calvarycranford.com/. Activities are slated in other communities as well.

We encourage all adults and youth who are able to take advantage of these many avenues of service to others, and to attend local commemoration programs. While paying tribute to Dr. Martin Luther King, Jr., whose advocacy of non-violence and equality still resonates more than 50 years after his death, we hope these activities also will spur area residents to become greater involved with community service throughout the year. There are so many opportunities to help our neighbors. Which one will you choose?

Dad: A Cigarette or a Joint?

As I was having my coffee at Bovella's pastry establishment, one of the regulars, knowing that I'm a physician, approached me seeking advice on a question posed by his 16-year-old son. His son's teenage male friends wondered whether, if one had no choice but to smoke cigarettes or marijuana joints, which choice would the father recommend. That's a tough one, and I admired the youths for asking one of the many such questions that our society refuses to confront such as the safety of in-vitro fertilization and the consistent negative clinical studies on the effectiveness of multivitamins and antioxidants. In evaluating any substance such as a pharmaceutical, one must assess its mental and physical benefits versus the risks discovered in clinical studies in people, not in animals or in a test tube, which promises are oftentimes misleading. For example, penicillin can cure life-threatening bacterial infections, but it can also cause fatal anaphylactic shock. Doctors, however, treat certain infections with it because the benefits far exceed that risk.

Applying the same principle, let's look at the mental and physical benefits and risks of cigarettes versus marijuana joints. It's critical to note that there are vastly more clinical studies on cigarettes than on joints. These studies report that cigarettes play a major role in causing a number of devastating diseases such as cancer and cardiovascular ones. Understandably, because of such dangers, the benefits of tobacco are intentionally downplayed. Why then do people smoke? It makes them feel good and energizes them without compromising their mental capacity. In fact, it may increase it due to the molecule, nicotine, found in tobacco. Preliminary clinical studies report that nicotine enhances cognitive functions such as memory, including in early Alzheimer patients.

With marijuana, however, there is a dearth of clinical studies and most beneficial claims are widely and

wildly exaggerated. We are almost clueless to its risk-benefit ratio. Also, unlike cigarettes, which tobacco contents are more or less standardized, the contents of joints are multiple and broadly vary - and continue to do so - which poses the unresolvable dilemma of what marijuana joint to clinically evaluate to assess for long term benefits and risks.

So what advice did I offer? There's one thought that entered my mind but did not offer. It takes time for cigarette-induced diseases to occur, and if he starts at 16, the cures of these diseases may be discovered before their onset. At age 16, however, the brain is busily accumulating and digesting life's experiences and perception of reality necessary to accommodate the complexities of life. And there is little doubt that marijuana distorts such experiences and perceptions.

As a culture, we rarely ask what is more important - physical or mental maladies?

After having expressed my opinion, I thought our conversation was over; but, not so. He asked, "Dr. DeFelice, how would you handle the question if your own son were sixteen and asked you the same, specific question?"

I would emphasize that the question is merely academic for current cigarettes and joints will be outdated within the next decade replaced by other products as is currently happening with nicotine vaping, marijuana cookies and God knows what else. As it occurred with cocaine over a century ago, we are blindly embracing the value of marijuana while even smoking a cigarette on an empty beach is verboten. If news leaked out that I, or anyone else, chose cigarettes over joints, one should be prepared to be burnt at the stake.

The correct medical and cultural answer to the specific question should be, "Son, I just don't know."

Stephen DeFelice, M.D.
Westfield

Letters to the Editor

Protecting The Deer And The Foxes

My dog "Pepper" loves to roam our backyard and bark at creatures. She is in charge of protecting the property. She does her job well. Behind us is the Fanwood Nature Center. The deer and foxes come into our yard and, thankfully, we have Pepper to get them to vacate the premises.

Pepper is tired of protecting and has recommended we build a wall. She also told me that it wouldn't cost me anything because she was going to get the deer and foxes to pay for it. I told her that I was proud of her ingenuity and that she was smart. She said "no, I'm a genius."

Dean Talcott
Fanwood

The Walls Of Troy Held Off The Greek Siege for 10 Years

Robert Frost in his famous poem "Mending Fences" may have said "Something there is that doesn't love a wall" but throughout history walls have universally served as very good physical defenses. We build walls for privacy and to keep in the heat and keep out the harsh elements, but we also build walls for protection. Castles and fortresses were heavily walled.

Hundreds of cities and towns around the world were walled for protection, including Taroudant and Marrakech (Morocco), Xian and Pingyao (China), Obidos (Portugal), Harar (Ethiopia), Benin (Niger), Zinder (Niger), Great Zimbabwe (Zimbabwe), Kairuan (Tunisia), Mdina (Malta), Cartagena (Colombia), Chiang Mai (Thailand), Carcassonne, Avignon, and Arles (France), Avila (Spain), Samarkand (Uzbekistan), Timbuktu (Mali), Dubrovnik, Old Delhi, Jaipur, Lucca, Pisa, Perugia, Verona, Florence, Babylonia, Jerusalem, Cairo, Vienna, Salzburg, Bruges, Brussels, Luxembourg, Krakow, Tallinn, Munich, Nuremberg, and Quebec City.

Athenians walled the Acropolis and built the Long Walls for secure access to the ports of Piraeus and Phalerum.

The Romans walled Chester, London and York in England and Cordoba, Lugo and Toledo in Spain, among many other places. Rome's fifth century BC seven-mile long Servian Wall was built after Rome was sacked and would later prevent Hannibal from taking Rome. The third century AD Aurelian Walls surrounding a now larger Rome and serving to prevent hit and run raids were an emergency measure after Rome had been invaded in 270.

Pope Leo IV walled Vatican Hill.

The name Wall Street comes from "de Waalstraat" the Dutch built to pro-

tect New Amsterdam their settlement in lower Manhattan.

But protective walls are only as good as their design and proper use. The walls of Troy held off the Greek siege for 10 years, but then the Trojans took the huge Greek horse into Troy as the Greeks had hoped. Greek soldiers hiding in the horse rushed out and opened the city gates to permit the Greek army to conquer Troy. The Chinese border walls were not impregnable to Genghis Kahn or to Manchu soldiers. The German Army circumvented Frances's heavily fortified and hugely expensive Maginot Line by marching through the Netherlands to conquer France early in the Second World War. Hadrian's Wall across northern England and the Roman frontier fortifications (Limes Germanicus) across Germany did not always prevent invasion.

History nevertheless tells us to build a very strong and heavily fortified wall and/or fence along our southern border in appropriate places as determined by geologists and engineers.

But a wall need not be a menacing barrier or obstacle to human relations! Robert Frost concluded his poem with "Good fences make good neighbors."

Walls do have doors and gates. The portcullis was raised for those who were welcome and closed for those who were not welcome.

We as with the peoples long ago live in a dangerous world. And so it has always been the duty of political authority to do what is declared and demanded in the Preamble to the Constitution, namely, to "ensure domestic tranquility" and "provide for the common defense." This is not paranoia. This is reality.

Stephen Schoeman
Westfield

CHINA'S WALL HAS BEEN WORKING FOR 2000 YEARS



News Clip

Westfield - The Community Center has booked the following events:

- January 17 @ 12:30 p.m. K-9 unit Demonstration for the County Sheriff's Dept.
- January 21 @ 8:30 a.m. Pancake Breakfast Celebrating Dr. Martin Luther King Jr.
- January 31 @ 12:30 p.m. Pedestrian Safety by the Brain Injury Alliance.

We are located at 558 W. Broad St. Please call (908) 232-4759 to register for all. Our Seniors Program is in full swing with daily Coffee Chats and monthly Movie Days. We also offer Chair Yoga, bingo, puzzles, trips and games galore! Come join us for a good time!

Union County Freeholders
 Elizabeth, New Jersey
 (908) 527-4200

Ed Oatman, Mgr., eoatman@ucnj.org
 Bette Jane Kowalski, chair
bkowalski@ucnj.org
 Sebastian D'Elia, Public Info.
 (908) 527-4419
sdelia@ucnj.org

NEVER STOP DREAMING

MARTIN LUTHER KING JR.

MARTIN LUTHER KING DAY
 JANUARY 21, 2019

NESEMANO'19
 THE LEADER/TIMES

State LD-21 Sen. Thomas Kean, Jr. (R) 425 North Ave. E. Westfield, N.J. 07090 (908) 232-3673 Asm. Jon Brannick (R) 251 North Ave. West Westfield, N.J. 07090 (908) 232-2073 Asm. Nancy Munoz (R) 57 Union Place, Suite 310 Summit, N.J. 07901 (908) 918-0414	State LD-22 Sen. Nicholas Scutari (D) 1514 E. Saint Georges Ave. Linden, N.J. 07036 (908) 587-0404 Asm. Jim Kennedy (D) 34 E. Cherry St. Rahway, N.J. 07065 (732) 943-2660 Asw. Linda Carter (D) 200 West 2nd St., Suite 102 Plainfield, N.J. 07060 (908) 561-5757	7th Congressional District Representative Tom Malinowski (D) 75-77 North Bridge St., Somerville, N.J. 08876 (202) 225-5361 [Westfield, Mountainside, Garwood, Summit and Cranford are in the 7th Congressional District]
LD-21 includes Westfield, Mountainside, Garwood, Summit and Cranford.	LD-22 includes Scotch Plains, Fanwood, Plainfield, Clark, Rahway and Linden.	12th Congressional District Rep. Bonnie Watson Coleman (D) 850 Bear Tavern Road, Suite 201, Ewing, N.J. 08628 (609) 883-0026 [Fanwood, Plainfield and most of Scotch Plains are in the 12th Congressional District]

senkean@njleg.org, senscutari@njleg.org
 asbrannick@njleg.org, aswmunoz@njleg.org
 askennedy@njleg.org, aswcarter@njleg.org